

**AMENDED CLAIM SET;**

1. (previously presented) A polymerizable composition comprising:  
a cycloolefin monomer,  
a flame retardant and  
a metathesis polymerization catalyst,

wherein a monomer having a condensed ring made of an aliphatic ring having one or more carbon-carbon double bonds and an aromatic ring is used as the cycloolefin monomer and is contained in an amount of 10 weight-% or more with respect to all of the cycloolefin monomers in the polymerizable composition.

2. (original) The polymerizable composition according to claim 1, wherein the aromatic ring is a benzene ring, a naphthalene ring or a furan ring.

3. (cancelled).

4. (original) The polymerizable composition according to claim 1, further comprising a chain transfer agent and/or a crosslinking agent.

5. (original) The polymerizable composition according to claim 1, wherein the flame retardant is a halogen-free flame retardant.

6. (cancelled).

7. (previously presented) The polymerizable composition according to claim 1, wherein the monomer having a condensed ring made of an aliphatic ring having one or more carbon-carbon double bonds and an aromatic ring is an aromatically condensed ring-containing cycloolefin monomer having three unsaturated aliphatic rings.

8. (previously presented) The polymerizable composition according to claim 7, wherein the monomer having a condensed ring made of an aliphatic ring having one or more carbon-carbon double bonds and an aromatic ring is tetracyclo[9.2.1.0<sup>2,10</sup>.0<sup>3,8</sup>]tetradeca-3,5,7,12-tetraene.

9. – 12. (cancelled).